

8 Grammar, Vocabulary, and Pronunciation B

GRAMMAR

1 Underline the correct word(s).

Example: My bus *to leave / leaves* in five minutes.

- I'm about *going / to go* to the store. Do we need more milk?
- Bob's *will go / going* to New York next week.
- Will / Are* we be meeting outside the cinema?
- The team *is due to / due* arrive at six o'clock.
- I'm *to / about to go* for lunch. Would you like to join me?
- You're going *getting / to get* a new car next year, aren't you?
- We *'re move / move* into our new flat next month.

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2 Is the sentence right or wrong? Write *correct* or *incorrect*.

Example: I see some friends after class tonight. *incorrect*

- My parents are due to arrive at 7.00 tonight. Can you help me clean? _____
- We're to be make sure he's there on time because he's usually late. _____
- My sister-in-law is about to have a baby, so my brother is very nervous. _____
- The Prime Minister is going open the new shopping centre here on Saturday. _____
- Will we be eating at the usual time? Your brother wants to know. _____

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3 Complete the sentences with the gerund or the infinitive form of the verb in brackets.

Example: It's no use *worrying* (worry). You'll just have to wait and see what happens.

- Our piano needs _____ (be) repaired because the movers dropped it.
- I'd like _____ (be) sitting in a café in Thailand right now.
- I thanked your parents for _____ (have) helped me when I was in trouble.
- We would rather _____ (have) gone to Germany for Christmas.
- By the time I'm 40, I hope _____ (have) started my own company.

- There isn't enough milk _____ (make) a banana milkshake.
- I'm tired of _____ (be) told to wait. I've been standing here for three hours already!
- I had to ask for help. I didn't know what _____ (do).

8

Grammar total 20

VOCABULARY

4 Underline the odd word(s) out.

Example: hailstorm flood drought mild

- mild severe real prematurely
- a cold flu asthma a bandage
- ineffective mainstream unproven useless
- across through on top of put
- a bruise a surgeon a blister a rash
- a rip-off an X-ray antibiotics stitches
- breathtaking dull spoiled overcrowded
- delay postpone cancel put off

8

5 Complete the words in the sentences.

Example: We went on a package holiday to Greece last year.

- If you go on a l_____ -haul flight, you should stretch and get up and move around as often as possible.
- Don't forget to t_____ out travel insurance before you set off.
- Sam and his wife disagree on what their next holiday should be; he thinks her ideas are too d_____ and lack excitement.
- I don't like holidays where the beaches are o_____. I like to be by myself on the beach.
- She wants to take photos of p_____ scenery on her next holiday, so she's going to the Lake District.
- I really like to get off the beaten t_____ when I go on holiday.

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6 Complete the sentences with one word.

Example: She can be as stubborn as a mule. I can never convince her of anything.

- 1 Without my contact lenses, I'm as blind as a _____.
- 2 I hope this solution to the problem works like a _____. We don't have time to mess around.
- 3 She turned as white as a _____ just before she fainted.
- 4 My grandmother is as _____ as a post. We always have to shout when she's around.
- 5 My uncle drinks like a _____. I wish he'd stop.
- 6 Go for it, little one! Quick as a _____!

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Vocabulary total		20
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PRONUNCIATION

7 Match the words to the same sound.

acupuuncture ~~pu~~ll reflexology
 stub upon useless

Example: put pull

- 1 devalued _____
- 2 along _____, _____
- 3 up _____, _____

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8 Underline the stressed syllable.

Example: con|ven|tional

- 1 ban|dage
- 2 a|round
- 3 be|low
- 4 vi|rus
- 5 sys|tem

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Pronunciation total		10
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Grammar, Vocabulary, and Pronunciation total		50
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8 Reading and Writing **B****READING**

Read the article and tick (✓) A, B, or C.

DOES COMPLEMENTARY AND ALTERNATIVE MEDICINE WORK?

The main point made by people who dismiss Complementary and Alternative Medicine (CAM) as a pointless waste of time and money is that there is no scientific evidence whatsoever that it works. For conventional medicine there is, of course, an enormous amount of scientific research to back up the effectiveness of medical treatments. This is because of the fundamental difference between conventional medicine and CAM. Conventional medicine regards the body as a complex and sophisticated machine and illness as a breakdown of one or more parts of the machine. Its aim is to get the machine working properly again by removing the problem parts or treating them so that they return to working order. CAM, in the form of such things as homeopathy, acupuncture, and medical herbalism, regards illness as a breakdown of the body's natural healing systems. It believes that there is a natural, non-physical force in all of us that enables the body to heal itself and its aim is to make that force powerful enough to overcome illness and restore health.

This natural, non-physical force, however, cannot be detected using the usual scientific techniques. So it is impossible to prove its existence scientifically, and this has led some people to reject the whole idea of CAM. With conventional medicine, we can test scientifically whether treatments have an effect on the body by looking for changes in the body's cells, nerves, organs, and systems as a result of treatment. With CAM, we cannot prove whether or not the natural force for restoring health exists. However, it is possible to see what effects CAM treatments have had on the cells and structures of the body in order to assess their effectiveness.

One example of scientific evidence for the effectiveness of CAM treatments is a study which showed that homeopathic medicine had an effect on the brain activity of sufferers of fibromyalgia, a painful muscle disorder. Research also indicated that acupuncture was effective in the treatment of patients suffering from Crohn's disease, a painful disorder of the digestive system. Tests on their digestive systems showed that they had less inflammation after acupuncture treatment. Another study concerned the highly diluted solutions used in homeopathic medicines. Sceptics claim that these cannot possibly have any effect because they are so diluted and little or nothing of the original substance remains. But a study showed that

ultra-high dilutions of histamine (a protein involved in allergies) have an influence on cell activity in the body.

One of the most common tools of conventional medical research is a test called an RCT. This is a comparative test to discover the effectiveness of, for example, a new drug. Some subjects are given the drug and others are given a dummy pill. The subjects do not know whether they have taken a real pill or a dummy one, known as a placebo. Researchers then look at whether the people who took the real pill showed more improvement than the people who took the dummy pill, or placebo. The same kind of test is also carried out for CAM treatments, and it seems an obvious thing to do in order to get evidence of their effectiveness. However, a number of CAM practitioners feel that these RCT tests are not appropriate for CAM treatments. This is for two reasons.

Firstly, they say, this is because CAM therapies are entirely focused on each individual as a separate case. Treatment isn't dictated by the specific medical problem the patient is suffering from, but by the need to restore to full power that individual's natural force for maintaining health. So the result of an RCT test for one person may be wholly different for another, meaning that no general conclusion could be drawn about a particular treatment. Secondly, the practitioners say, a key factor in CAM treatments is the relationship between the patient and the practitioner. Many people, especially those with severe or long-standing medical problems, opt for CAM treatments because they do not want to take drugs for a long time or because they do not have faith in conventional medicine to improve their condition. Some of these people may feel that they get benefits from CAM treatments and from their consultations with CAM practitioners, even if the treatments do not work for their original problem. So CAM treatments may be beneficial in ways that RCT tests would not reveal. Some patients, for example, say that they prefer the holistic approach of CAM and feel that the decisions about treatment give them greater control over their own lives than conventional medicine. They like the feeling that they are taking personal responsibility for their own health.

- The writer says in the first paragraph that criticism of CAM is _____.
 A based on ignorance ☐
 B increasing ☐
 C understandable ☐
- The writer says that the difference between CAM and conventional medicine _____.
 A is a very great one ☐
 B is not as great as people may think ☐
 C is greater in some forms of CAM than others ☐

8 Reading and Writing **B**

- 3 The writer's point in the second paragraph is that _____.
 A you can't prove that the main principle of CAM is true ☐
 B you can't prove that CAM treatments have had any effect ☐
 C you can't use the same tests for CAM and conventional medicine ☐
- 4 The writer uses fibromyalgia and Crohn's disease as examples of _____.
 A conditions that don't respond to conventional medicine ☐
 B conditions that CAM has been shown to improve ☐
 C how different kinds of CAM treatment can be compared ☐
- 5 The study of highly diluted solutions _____.
 A disproved a common criticism of homeopathy ☐
 B provided different results from previous studies of them ☐
 C showed that some solutions are more effective than others ☐
- 6 When describing what RCT tests involve, the writer says that _____.
 A they appear suitable for testing CAM treatments ☐
 B they have proved the effectiveness of some CAM treatments ☐
 C some people disapprove of their use in conventional medicine ☐
- 7 The first objection to the use of RCT tests for CAM treatments is that _____.
 A the tests do not work for certain medical problems ☐
 B the tests do not produce a consistent pattern of results ☐
 C tests on a single individual may produce very different results ☐
- 8 The writer says in the last paragraph that the attitude of patients to CAM treatments _____.
 A is not necessarily connected with whether the treatments are effective or not ☐
 B depends entirely on whether the treatments are effective or not ☐
 C may make them think that a treatment has been effective when it has not ☐
- 9 The second objection to the use of RCT tests for CAM treatments is that _____.
 A they may suggest that some ineffective CAM treatments actually work ☐
 B they do not work for the most common CAM treatments ☐
 C they cannot measure the effect of CAM treatments on some patients ☐
- 10 The writer's purpose in the article is to _____.
 A demonstrate why critics of CAM treatments may be right ☐
 B recommend CAM treatments rather than conventional medicine ☐
 C discuss whether or not the effectiveness of CAM treatments can be proved ☐

Reading total **10****WRITING**

Write a discursive essay on one of the following topics. Write approximately 250 words.

- Nowadays, it is not essential to travel to other countries to experience other cultures.
- The benefits that tourism brings outweigh the problems it can cause.
- Tourists who do not respect the culture and laws of the country they are visiting should be punished if they break the law.

Writing total **10**Reading and Writing total **20**

8 Listening and Speaking **B****LISTENING**

- 1 Listen to five people talking about whether their government should be responsible for providing free health care. Match the speakers (1–5) to what they mention in connection with the provision of health care. (A–H).

Speaker 1 ☐Speaker 2 ☐Speaker 3 ☐Speaker 4 ☐Speaker 5 ☐

A preventative health care measures to keep people healthy

B people's access to health care that they shouldn't be entitled to

C an unfavourable comparison between health care in their country and others

D a government's successful management of its health care budget

E people's right to choose between private or public health care

F health care taking priority over education as a need in society

G concerns about the future cost implications of an unhealthy elderly society

H the amount of tax personally paid to the government which goes to fund health care

☐ 5

- 2 Listen to an interview with an expert on tourism called Anna Cooper, talking about the importance of cultural awareness in the industry. Complete the sentences using one word only.

1 Anna says that staff members may cause offence through their _____ communication in addition to what they say.

2 According to Anna, the marketing _____ needs to engage with the market itself in order to be effective.

3 Market research managers need to have a good understanding of culture when they are developing new product or service _____.

4 Anna believes that employees who hold positions of _____ especially benefit from having cultural confidence.

- 5 Anna explains that having cultural awareness is also helpful when dealing with local _____ as well as employees.

☐ 5Listening total ☐ 10**SPEAKING**

- 1 Answer your partner's questions.

- 2 Now ask your partner these questions.

- 1 What's the best place you have ever visited?
- 2 What's the most difficult journey you've ever taken?
- 3 What do you do to keep your family healthy?
- 4 What could you do to live in a healthier way?
- 5 How common is alternative medicine in your country?

- 3 Listen to your partner. Do you agree with him / her?

- 4 Now talk about one of these statements, saying if you agree or disagree. Give reasons.

- 1 'Everyone should visit at least one foreign country in their life.'
- 2 'I would like to live in a country I haven't lived in yet.'
- 3 'Alternative medicine is as useful as conventional medicine.'

Speaking total ☐ 20Listening and Speaking total ☐ 30